

	quantity	carbs	protein	fats	fibre
<b>feed one</b>					
Blueberries	100g	12	1.5	0	2
Egg	1	0	7	6	0
Oats	150g	90	13	9	13
Egg whites	5	0	15	0	0
Fish oil	5g	0	0	5	0
<b>postworkout feed</b>					
Dried fruit	150g	90	2.7	0	7.5
Large Banana	300g	60	3	0	4
MM5	40g	3	27	2	0
<b>feed two</b>					
Potato	525	110	8	0	9
Chicken	100g	0	25	3	0
Broccoli	100g	5	2.5	0	3
<b>feed three</b>					
200g Bread	225g	90	17	9	14
Beef	70g	0	17	5	0
Peppers	40g	2	0.5	0	0.6
Small satsuma	1	10	0.5	0.5	0.75
<b>feed four</b>					
Rice (dry weight)	150	95	9	1.5	5
Chicken	100	0	25	3	0
Peas	100g	15	4	0	4
<b>nocturnal feed</b>					
Almonds	80g	15	15	37	9
Low fat cottage cheese	170	3.5	20	1.7	0
Fish oil	5g	0	0	5	0

<b>totals</b>	<b>600.5</b>	<b>212.7</b>	<b>87.7</b>	<b>71.85</b>
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kcal

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